

A Good Daughter takes care of senior needs in Broward and Palm Beach



By Larry Schwingel

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Olga Brunner, MHCA, is a woman of exceptional foresight and extraordinary compassion. Her business requires these qualities. She is the founder of A Good Daughter Elder Care Management in Margate, and knows first hand the demands asked of a caregiver. Olga understands the needs of seniors and has the experience to enhance their quality of life. In short, she is the perfect woman for a job that requires an incredible amount of dedication.

“My mother had Alzheimer’s Disease and I found myself quitting my job in California to move to Florida and take care of her full time,” commented Brunner. “I made a choice between a career or care, but it’s ironic that many of the same things I did for my mother, I’m now doing for others.”

The concept of A Good Daughter is a streamlined model that extends a helping hand to seniors while simultaneously providing families with much needed peace of mind. “When a son or daughter comes to Florida to visit a loved one, they may find that mom or dad isn’t taking prescribed medication, personal hygiene may have lapsed or they are not making scheduled doctor’s appointments,” noted Brunner. “These are important issues that can jeopardize their independence and it’s our job to make sure that never happens.”

The professional team of A Good Daughter will come into the home and perform an extensive three-hour assessment, evaluating everything from general and specific medical issues and hygiene and fitness, to legal and financial considerations and safety and environmental concerns. Once all the facts are gathered, findings are presented to the family and arrangements are made that will be of the most benefit to the parent(s).

Brunner is joined on her team by MaryLynne Beringer, RN, BA, a skilled nurse with 23 years experience. She is also an educator who instructs caregivers on how to care and nurture the elderly for the American Red Cross. Rounding out the staff is Carol Caughran, MS, a counselor and case manager with more than 20 years experience. She is a community liaison, and a former member of the military who can assist veterans and their families as they navigate the sometimes complex VA medical and benefits system. This year she has started the first Lewy Body Dementia caregiver support group in the country.

Each member of the team brings a different aspect of care to the table, and each believes strongly in elder care, resolving to maintain all necessary resources to help seniors remain independent as long as possible. “There will come a time when a parent is no longer capable of being independent,” said Brunner. “If they need placement, I can make the necessary nursing home arrangements through my many contacts in the community.”

According to Olga, her aunt is credited for naming the agency. “When I was taking care of my mother, she would always tell me, ‘You’re such a good daughter.’” She is indeed, as many throughout the community are discovering. For more information, call 800-963-3877 or visit online at www.agooddaughter.com.